

# *While Taking Care of a Loved One, Take Care of Yourself Too!*



Mecklenburg County Department of Social Services and Hospice & Palliative Care Charlotte Region are offering caregivers a chance to network with caregivers and learn more about how to care for their loved ones.

Taking care of someone can affect you mentally, physically and emotionally. As caregivers, it is important for you to monitor your own health and take good care of yourself.

Join us for a free **Caregiver Support** workshop  
**Friday, March 25, 2011**  
**Memorial Presbyterian Church**  
**2600 Beatties Ford Road**  
**10:30-2:00**

**Information and Registration**  
**Marsha McElroy- 336-4873**  
**Lunch provided to those**  
**who register before 3/23.**



MECKLENBURG COUNTY  
Department of Social Services

*"Caring for another is the greatest gift of all."*

People • Pride • Progress • Partnerships